

## Program Promotional and Nutrition Resources

Check out these new resources available to you or other school staff on school nutrition, wellness or nutrition education. Check out the websites for more information or contact our office.

National School Lunch Week: "School Lunch: What's On Your Tray?" during the week of October 11-15, 2010. For more information: Visit the website:  
<http://docs.schoolnutrition.org/meetingsandevents/nslw2010/>

National School Breakfast Week: "The Search for Super Energy" during the week of March 7-11, 2011. Visit the School Nutrition Association's Web site for more information on these celebrations located at:  
<http://docs.schoolnutrition.org/meetingsandevents/nslw2010/>

HealthierUS School Challenge: This national challenge recognizes schools that provide students with nutritious meals, nutrition education and adequate levels of physical activity. Take the challenge to receive an award. Financial incentives are available (\$500 up to \$5,000). For more information contact Molly Stenberg, RD at the Montana Team Nutrition Program ([Stenberg@montana.edu](mailto:Stenberg@montana.edu) or (406) 994-7217); or go to the following website: <http://www.fns.usda.gov/tn/HealthierUS/index.html>

Healthier Montana Menu Challenge: This is Montana's own challenge to recognize schools which serve healthy meals and snacks to students at lunch, breakfast and through an a la carte program, if applicable. You are encouraged to apply and receive statewide recognition for your exemplary efforts in supporting school wellness, sound nutrition and healthy role-modeling through your menu. Technical assistance and training are available from the Montana Team Nutrition Program. Contact Molly Stenberg, RD at [Stenberg@montana.edu](mailto:Stenberg@montana.edu) or (406) 994-7217. The application is located at the following link:  
[http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition?HealthyMT.html](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition?HealthyMT.html)

Eat Smart Play Hard Cafeteria Kit: Looking for simple ways to conduct nutrition education and promote your program at the same time. This kit includes four bulletin board templates, ten monthly menu format for the 2010-2011 school year and nine one-page newsletters that can be personalized for your program. The kit is located at the following link:  
[http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/index.html#gpm1\\_12](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html#gpm1_12)  
Then go to Team Nutrition resources, and find the link to the Eat Smart Play Hard Cafeteria Kit.

Montana Lunchline Listserv: This electronic listserv is a great way to stay connected with the Office of Public Instruction staff and learn from your peers about school nutrition issues. You will receive current information about school nutrition programs, recipes, and ideas to market and promote healthful foods and beverages. To participate, all you need is an e-mail address. Contact Katie Bark at [kbark@mt.gov](mailto:kbark@mt.gov) or Allie Wolf at [alliew@mt.gov](mailto:alliew@mt.gov) if you want to join.

Food Safety/School HACCP Training Programs: Looking for food safety or School HACCP (Hazard Analysis Critical Control Point) resources or for a ServSafe Training Schedule? Check out the food safety website at this link: [www.opi.mt.gov/Program/SchoolPrograms/School\\_Nutrition/index.html#gpm1\\_13](http://www.opi.mt.gov/Program/SchoolPrograms/School_Nutrition/index.html#gpm1_13)

Expanding School Breakfast Programs: Do you want to increase your participation levels in breakfast and help your students be better prepared to learn in the classroom? Learn how to successfully expand your breakfast program through a breakfast in the classroom or grab and go service style. Obtain an Expanding Breakfast Program kit by contacting our office or access the materials at the following link:  
[http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/index.html#gpm1\\_12](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html#gpm1_12)

Farm To School Programs: Are you interested in helping to educate your students are where their food comes from and serve local, fresh foods in your foodservice program? Farm to school program resources are at the following link:

[http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/index.html#p7GPc1\\_5](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html#p7GPc1_5)

USDA Foods: Healthy Choices, American Grown: Did you know of all of the improvements to the USDA (Commodity) Foods to help you prepare healthy school menus? Check out the short (four minute) DVD movie and fact sheets on the healthful benefits of the USDA Foods. This resource is available from our office or can be accessed at the following link:

<http://www.fns.usda.gov/fdd/foods/healthy/ToolKit.htm>

Healthy Mealtime Philosophy Helps Create Healthy Students and a Relaxed Cafeteria Environment

Is your cafeteria atmosphere pleasant and allows your students to develop a healthy feeding relationship with food? Or are there power struggles with food between staff and students? Training and technical assistance on adapting a Healthy Mealtime Philosophy is available from Montana Team Nutrition staff. Contact Molly Stenberg at [Stenberg@montana.edu](mailto:Stenberg@montana.edu) for more information.

School Wellness Policy: Information about this new requirement is available on our Web site at

[http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/Wellness.html](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/Wellness.html)

Free resources, like the *Recess Before Lunch* guide, *Nutrition SEN\$E*, and *Making It Happen in Montana Schools*, and *Montana School Wellness in Action* are available at this site. Training and technical assistance is available from our staff.

Peer Mentor Network: Do you have a problem that needs the expertise of another foodservice manager?

The Montana Team Nutrition Program has established a network of school food service trainers from schools throughout Montana who can help you with school nutrition issues. The directory of trainers is on our Web site [http://www.opi.mt.gov/pdf/SchoolFood/Resources/TN/09\\_10PeerTrainerDirectory.pdf](http://www.opi.mt.gov/pdf/SchoolFood/Resources/TN/09_10PeerTrainerDirectory.pdf)

Contact the Montana Team Nutrition Program for more information.

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For More Information

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[www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/index.html](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html)

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